

# Sunshine Rice

**Makes:** 4 servings

## Ingredients

- 1 1/2 tablespoons** vegetable oil
- 1 1/4 cups** celery (finely chopped, with leaves)
- 1 1/2 cups** onion (finely chopped)
- 1 cup** water
- 1/2 cup** orange juice
- 2 tablespoons** lemon juice
- 1 dash** hot sauce
- 1 cup** white rice (long-grain, uncooked)
- 1/4 cup** almonds (slivered)

## Directions

1. Heat oil in medium saucepan. Add celery and onions and saute until tender, about 10 minutes.
2. Add water, juices, and hot sauce. Bring to a boil. Stir in rice and bring back to a boil. Let stand covered until rice is tender and liquid is absorbed.
3. Stir in almonds. Serve immediately as a side dish for a fish entree.

**Source:** National Heart, Lung and Blood Institute (NHLBI), Stay Young at Heart

### Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>280</b>
<b>Total Fat</b>	<b>8 g</b>
Saturated Fat	1 g
Cholesterol	0 mg
<b>Sodium</b>	<b>30 mg</b>
<b>Total Carbohydrate</b>	<b>47 g</b>
Dietary Fiber	2 g
Total Sugars	6 g
Added Sugars included	N/A
<b>Protein</b>	<b>5 g</b>
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available